

Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
<u>A.H.O.Y. Class Schedule</u>			Enjoy coffee in the Lounge Monday - Friday 9 am - 12 noon			*Registration required									1 NEW HOURS: 9am-9pm			2 9:00 Fitness Members Class Rm 2 9:15 AHOY Gym 9:30 Senior Swim Pool		
Smith Senior Center	M, W, Th, Sat W	9:15 am 5:30 pm													9:15 Chair Yoga Class* Rm 1					
Lewis Center	M, W, Fri	9:15 am													10:00 Bocce/Horseshoes Outside					
Leonard Center	M, W, Fri	10:30 am													10:00 Shuffleboard/Cornhole Gym					
Lindley Center	M, Tu, Th	2:15 pm													10:00 Water Arthritis Class Pool					
Brown Center	Tu, Th	9:15 am													2:00 Senior Swim Pool					
Peeler Center	Tu, Th	10:30 am													5:00 Table Tennis Gym					
3			4 8:15 Water Aerobics Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class Pool 10:00 Honey Bee Helpers Rm 1 10:00 Pickleball Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics Pool 5:30 T.O.P.S. Meeting Rm 1			5 8:15 Water Aerobics Pool 9:00 S.M.A.C. Rm 2 9:45 Senior Swim Pool 11:00 Water Aerobics Pool 11:30 Fitness Members Class Rm 2 1:00 Senior Games Sign-up Party Rm 1 2:00 "Age of Champions" Film Rm 1 2:00 Senior Swim Pool 3:00 Matter of Balance* Gym 6:30 Line Dance Class - Beg. Gym 7:15 Kung Fu Rm 2 7:40 Line Dance - Adv. Gym			6 8:15 Water Aerobics Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 9:30 - 7:30 AARP Taxes* Rm 1 10:00 Water Arthritis Class Pool 10:00 Table Tennis & Darts Rm 2 10:00 "Hearts" Card Party Lounge 2:00 Senior Swim Pool 5:00 Water Aerobics Pool 5:30 AHOY Boot Camp Gym			7 8:15 Water Aerobics Pool 9:15 AHOY Gym 9:45 Senior Swim Pool 10:00 Balance Screenings Rm 1 11:00 Water Aerobics Pool 2:00 Senior Swim Pool 5:30 Fitness Members Class Rm 2 5:30 Zumba! Class* Gym 7:15 Kung Fu Rm 2			8 NEW HOURS: 9am-9pm 9:15 Chair Yoga Class* Rm 1 10:00 Bocce/Horseshoes Outside 10:00 Shuffleboard/Cornhole Gym 10:00 Water Arthritis Class Pool 1:00 Movie: "Top Gun" Rm 1 2:00 Senior Swim Pool 5:00 Table Tennis Gym			9 9:00 Fitness Members Class Rm 2 9:15 AHOY Gym 9:30 Senior Swim Pool 10:00 Fall Prevention Class Rm 2 8:00 Greensboro Social Dance — Lewis Center		
10			11 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Pickleball Rm 2 2:00 Senior Swim Pool 5:30 T.O.P.S. Meeting Rm 1			12 9:00 S.M.A.C. Rm 2 9:45 Senior Swim Pool 10:00 Trip Planning Meeting Rm 1 11:30 Fitness Members Class Rm 2 2:00 Senior Swim Pool 3:00 Matter of Balance* Gym 5:45 Water Fitness Class Pool 6:30 Line Dance Class - Beg. Gym 7:15 Kung Fu Rm 2 7:40 Line Dance - Adv. Gym			13 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 9:30 - 7:30 AARP Taxes* Rm 1 10:00 Table Tennis & Darts Rm 2 2:00 Senior Swim Pool 5:30 AHOY Boot Camp Gym 6:30 Pickleball Demo Rm 2			14 9:15 AHOY Gym 9:45 Senior Swim Pool 2:00 Senior Swim Pool 5:30 Fitness Members Class Rm 2 5:30 Zumba! Class* Gym 7:15 Kung Fu Rm 2			15 NEW HOURS: 9am-9pm 9:15 Chair Yoga Class* Rm 1 10:00 Bocce/Horseshoes Outside 10:00 Shuffleboard/Cornhole Gym 1:00 St. Patrick's Day Soup and Potato Lunch* — Rm 1 2:00 Senior Swim Pool 5:00 Table Tennis Gym			16 9:00 Fitness Members Class Rm 2 9:15 AHOY Gym 9:30 Senior Swim Pool		
17 St. Patrick's Day			18 8:15 Water Aerobics Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class Pool 10:00 Protected Assets Rm 1 10:00 Pickleball Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics Pool 5:30 T.O.P.S. Meeting Rm 1			19 8:15 Water Aerobics Pool 9:00 S.M.A.C. Rm 2 9:30 Bingo Rm 1 9:45 Senior Swim Pool 11:00 Water Aerobics Pool 11:30 Fitness Members Class Rm 2 2:00 Senior Swim Pool 3:00 Matter of Balance* Gym 5:45 Water Fitness Class Pool 6:30 Line Dance Class - Beg. Gym 7:15 Kung Fu Rm 2 7:40 Line Dance - Adv. Gym			20 8:15 Water Aerobics Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 9:30 - 7:30 AARP Taxes* Rm 1 10:00 Water Arthritis Class Pool 10:00 Table Tennis & Darts Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics Pool 5:30 AHOY Boot Camp Gym			21 8:15 Water Aerobics Pool 9:15 AHOY Gym 9:45 Senior Swim Pool 10:00 Self-Defense Class Rm 1 11:00 Water Aerobics Pool 2:00 Senior Swim Pool 5:30 Fitness Members Class Rm 2 5:45 Water Fitness Class Pool 7:15 Kung Fu Rm 2			22 NEW HOURS: 9am-9pm 10:00 Bocce/Horseshoes Outside 10:00 Shuffleboard/Cornhole Gym 10:00 Water Arthritis Class Pool 2:00 Senior Swim Pool 5:00 Table Tennis Gym			23 9:00 Fitness Members Class Rm 2 9:15 AHOY Gym 9:30 Senior Swim Pool		
24			25 8:15 Water Aerobics Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class Pool 10:00 Honey Bee Helpers Rm 1 10:00 Pickleball Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics Pool 5:30 T.O.P.S. Meeting Rm 1			26 8:15 Water Aerobics Pool 9:00 S.M.A.C. Rm 2 9:45 Senior Swim Pool 11:00 Water Aerobics Pool 11:30 Fitness Members Class Rm 2 2:00 Senior Swim Pool 3:00 Matter of Balance* Gym 5:45 Water Fitness Class Pool 6:30 Line Dance Class - Beg. Gym 7:15 Kung Fu Rm 2 7:40 Line Dance - Adv. Gym			27 8:15 Water Aerobics Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 9:30 - 7:30 AARP Taxes* Rm 1 10:00 Water Arthritis Class Pool 10:00 Table Tennis & Darts Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics Pool 5:30 AHOY Boot Camp Gym			28 8:15 Water Aerobics Pool 9:15 AHOY Gym 9:45 Senior Swim Pool 11:00 Water Aerobics Pool 2:00 Senior Swim Pool 5:30 Fitness Members Class Rm 2 5:45 Water Fitness Class Pool 7:15 Kung Fu Rm 2			29 Center Closed for Easter			30 Center Closed for Easter		
31 Easter																				